

Talk to Your Doctor or Health Care Provider

In providing good care, your doctor or health care provider may do exams or tests that Medicare doesn't cover. Your doctor or health care provider also may recommend that you have tests more or less often than Medicare covers them.

Talk to your doctor or health care provider to find out how often you need certain exams or tests to stay healthy.

Get Test Results

If you don't hear from your health care provider, call and ask for the results. Ask what the results mean for your care, and use that information to talk with your provider and make decisions. Don't assume the results are fine if you don't get them when expected.

Resources

For more information about Medicare preventive services, you can do the following:

- Visit www.medicare.gov/publications to view the booklet, "Your Guide to Medicare's Preventive Services."
- Visit www.MyMedicare.gov to get direct access to your preventive health information.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.
- Call your State Health Insurance Assistance Program (SHIP). Visit www.medicare.gov/contacts, or call 1-800-MEDICARE for your SHIP's phone number.

Questions to Ask about Medicare Preventive Services



Are you visiting your doctor or other health care provider? Be prepared with a list of questions you can take with you.



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CENTERS FOR MEDICARE & MEDICAID SERVICES

The best way to stay healthy is to live a healthy lifestyle.

■ You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help.

Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

Medicare covers the following services:

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- Abdominal Aortic Aneurysm Screening
 - Bone Mass Measurement
 - Cardiovascular Screening
 - Colorectal Cancer Screening
 - Fecal Occult Blood Test
 - Flexible Sigmoidoscopy
 - Colonoscopy
 - Barium Enema
 - Diabetes Screening
 - Diabetes Self-Management Training
 - Flu Shot
 - Glaucoma Screening
 - Hepatitis B Shot
 - HIV Screening
 - Mammogram (Screening)
 - Medical Nutrition Therapy Services
 - Pap Test and Pelvic Exam
 - Pneumococcal Shot
 - Prostate Cancer Screening
 - Tobacco Use Cessation
 - “Welcome to Medicare” Preventive Visit
 - Yearly “Wellness” Visit

Ask About Preventive Services

1. Below is a checklist of important things you should ask your doctor.
2. Check the box next to each item when you ask.
3. Use the “Notes” column to write down important information.
4. Skip any items that don’t apply to you.
5. Use the resources on the last page if have questions.

Before you leave your doctor's office, make sure to ask these questions:	Notes
About the Test <ul style="list-style-type: none"><input type="checkbox"/> Do I need the test?<input type="checkbox"/> What is the test for?<input type="checkbox"/> How is the test done?<input type="checkbox"/> What are the benefits and risks of having the test?<input type="checkbox"/> What do I need to do to prepare for the test?	
About the Test Results <ul style="list-style-type: none"><input type="checkbox"/> When will I get the results?<input type="checkbox"/> What will they tell me?<input type="checkbox"/> What's the next step after the test?<input type="checkbox"/> How often do I need this test?<input type="checkbox"/> Do I need to get a referral?<input type="checkbox"/> Do I need to make an appointment?	
Costs for the Test <ul style="list-style-type: none"><input type="checkbox"/> Will Medicare/my other insurance pay for/cover the test?<input type="checkbox"/> How much will I have to pay?	

My Appointments

Use the chart below to write down any appointments and tests you will need.

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